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MAY 2023

Good Manners Equal Safer Streets and Paths

Bicycles are a great way to get around -- for fun, fitness, or commuting. With spring in the air and summer on the way you may be thinking of dusting off your bike for a spin around the lake, or an epic ride up a mountain. But cycling is not without hazards, especially when mutual respect and the rules of the road are ignored. Whether you are a cyclist or a driver, these habits help keep the roads safe for everyone:



Share the Road: New road rules being enacted by the BC government will see a minimum one metre safe passing distance enshrined in law, but you don't have to wait for the government. Ensure there is three feet of room when you pass a cyclist and reduce the risk of collision. Cyclists can help motorists by riding on the right side of the road, using hand signals, and avoiding sudden or unpredictable lane changes.

Be Safe, Be Seen: In the age of smartphones and distracted driving, it is more important than ever for cyclists to be highly visible. A brightly coloured jacket or safety vest when riding on the road, along with front and rear lights when you are cycling in low light conditions will make it easier for motorists to see and avoid you. Motorists can do their part with two simple moves. Put down the phone and pay attention to the road. No text or call is that important.

Maintain Your Machine: Worn-out brakes and low tire pressure are two of the most common faults you will find on the casual cyclist's steed. As with car tires, the correct pressure can be found on the tire sidewall. Don't overfill or you could have a blowout, causing you to crash or veer into traffic. Brake pads need to be replaced when they wear out and adjustments should be done regularly to ensure plenty of stopping power as they wear down.

Be Polite to Pedestrians: Some people bike. Many drive. Most everybody walks. Pedestrians generally have right of way at crosswalks, on shared paths, and definitely on the sidewalk, where cyclists must legally dismount unless otherwise indicated by signage. Not everyone has the mobility to avoid a Tour de France wannabe, so pass carefully and with courtesy on shared trails, whether a pedestrian is on foot, using an electric scooter, or other mobility aid. Visit bccycling.ca to order their free cycling guide: *Bike Sense* for more tips.

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In this issue: Getting unlost, laundry alternatives, wheelbarrow power and powerful women, the original pole dance, early greens, plus our word finder puzzles, sudoku, comics, trivia and the kind of horoscopes you can trust!

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WORD FINDER - FLOWER POWER

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 D D E C H I N A C E A R F E S I G I
 W F F O W K E R F O S C F R C N J S
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 P F E M D A I S Y Y R K A L M I A D

- | | | |
|-----------|------------|----------|
| ASTER | IRIS | ROSE |
| BROOM | JASMINE | SAFFRON |
| CROCUS | KALMIA | TULIP |
| DAISY | MARIGOLD | URSIINA |
| ECHINACEA | NASTURTIUM | VIOLET |
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(ANSWERS - PAGE 6)

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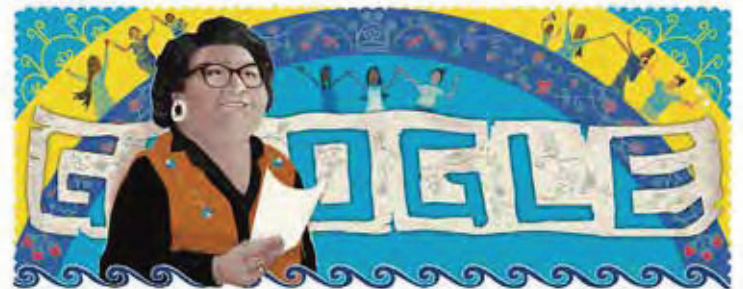
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Indigenous Heroes

Mary Two-Axe Earley was a Mohawk and Oneida women's rights activist from the reserve of Kahnawake in Quebec, Canada. She fought (and won) a critical legal case returning Indian status to indigenous women who married a non-Indigenous person. In response, Canada passed Bill C-31 in 1985. She became the first person to have her rights restored under the new legislation.



Her many honours include the Order of Quebec, a National Aboriginal Achievement Award, and the ultimate recognition of the digital age, a feature appearance as a Google Doodle (pictured above) on Google's home page for the 36th anniversary of the amendment to the Indian Act.

SD 27 Dates to Remember

- May 22, 2023 Victoria Day Holiday (School Closed)
- June 29, 2023 Last day students attend school

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Mom's the Word

"My mother was the making of me. She was so true, so sure of me; and I felt I had something to live for, someone I must not disappoint." - Thomas Edison

"Motherhood is the biggest gamble in the world. It is the glorious life force. It's huge and scary—it's an act of infinite optimism." - Gilda Radner

"When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child."

- Sophia Loren

"My mother is my root, my foundation. She planted the seed that I base my life on, and that is the belief that the ability to achieve starts in your mind." - Michael Jordan

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Laundry Alternatives

Not everyone wants their clothes to smell like a Paris perfume shop. Here are some eco-friendly, scent-free ways to get clothes clean without creating a stink.

Soap Nuts: This natural alternative to laundry detergent comes from the sapindus mukorossi tree. They contain saponin, a natural surfactant that cleans clothes without harmful chemicals.

White Vinegar: White vinegar is a natural fabric softener, deodorizer, and stain remover. Simply add 1/4 to 1/2 cup of white vinegar to the rinse cycle of your washing machine.

Baking Soda: Baking soda can be used as a natural alternative to laundry detergent. It helps to remove odors and stains, and can also act as a fabric softener.

Borax: Borax is a naturally occurring mineral. It is a great stain remover and can help to brighten clothes. However, it is important to note that borax should be used with caution as it can be harmful if ingested.

Soap Flakes: Soap flakes are made from natural, biodegradable ingredients and can be used as a natural alternative to laundry detergent. They are gentle on fabrics and are effective at removing dirt and stains.

She Who Must be Obeyed

My mother taught me:

RELIGION - "You better pray that will come out of the carpet."

ANTICIPATION - "Just wait until we get home."

CONTORTIONISM - "Just look at that dirt on the back of your neck!"

IRONY - "Keep crying, and I'll give you something to cry about."

LOGIC - "Because I said so, that's why."

SUDOKU #1 (easy)

	4	2	3
4	2		1

Puzzle solution on page 4.



Lorne Doerkson, MLA
Cariboo - Chilcotin



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cariboord.ca/tshours



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Laugh Lines

Why couldn't the bicycle stand up by itself? Because it was two-tired!

Why did the tomato turn red? Because it saw the salad dressing!

What do you call an alligator in a vest? An investigator!

What do you get when you cross a snowman and a shark? Frostbite!

Why do chicken coops only have two doors? Because if they had four, they'd be a chicken sedan!

What did one hat say to the other? You stay here, I'll go on ahead!

I used to play piano by ear, but now I use my hands.

What do you call a fake noodle? An impasta!

Why don't scientists trust atoms? Because they make up everything!

What do you call a boomerang that doesn't come back? A stick!

The Dogs Bark
 Grooming Parlour



Text or Call Andrea
250-808-2716

Unit 3 - 460 S. Birch Avenue (Birch Centre)

Sudoku #1 Solution

2	3	1	4
1	4	2	3
3	1	4	2
4	2	3	1

SUDOKU #2 (medium)

Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9. Solution on Page 8)

4				1	5	8		
	6		8		3			4
5	8		2			6		3
		3		2		1	7	5
1		4						
								2
9			5			4	3	
7					1		6	9
		6		8				1



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Don't call it pole dancing

The colourful tradition of the May Pole dance has come to be associated with Victoria Day in Canada, but its origins are found in pagan Celtic and Germanic spring fertility rites.

Young maidens skipping around the pole would create a braid of colourful ribbons and the May Queen, a young woman chosen to represent the coming of spring and the renewal of nature, would be crowned.

The Celtic people called their celebration Beltane. It was known as Walpurgisnacht to Germanic tribes, after Saint Walpurga, an 8th-century missionary who was canonized on May 1.